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JACK-O
CARVING OUT A 700-PUMPKIN LIGHT SHOW {page 3}

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Monday, October 31, 2011
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News worth sharing.

Trick. Or treat

▶ Chris Elms and his son, Alexander, 2, both of London, take a stroll through Springbank Park yesterday. Alexander kicked off Halloween a bit early, proudly donning his Winnie the Pooh costume.

MIKE ARSENAULT/FOR METRO

Bearly waiting on Halloween

London police and the local Block Parent Association are reminding drivers to slow down and be extra cautious during tonight's trick-or-treat hours.

The bloom is on in Forest City

▶ London named national winner of Communities in Bloom contest for cities with more than 50,000 people ▶ City received special mention for its comprehensive recycling programs ▶ Award was announced over the weekend in Quebec City

MIKE ARSENAULT
LONDON@METRONEWS.CA

The city's success in the Communities in Bloom competition is about more than having pretty flowers.

"It's everything from co-operative-recycling programs that the city has put into place, to individuals who volunteer in their community, to gardens, parks, and green initiatives," said Susan McElroy, executive director of Celebrate London, the group that oversaw the city's entry. "It spans the whole quality of life in London."

In fact, the contest's name is something of a misnomer.

"The 'bloom' actually refers to a community that's growing and is expanding its horizons and looking to have continuous improvement," McElroy said. "They use flowers as a symbol, but the program is really about how the community blooms in a metaphorical way."

The city's critique for the competition took place back in August, when two judges — Gaétan Deschênes, a Radio-Canada journalist, and Jim Baird, a retired municipal planning and development director — spent three days taking in various projects and "meeting with a number of people that all serve to make London a really great place to celebrate," McElroy said.

The awards were announced Saturday during a four-day conference in Quebec City.

At a glance

The eight Communities in Bloom categories are:

- Tidiness
- Environmental action
- Heritage conservation
- Urban forestry
- Landscape
- Turf and groundcovers
- Floral displays
- Community involvement

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Pumpkin carving for a cause

18th annual pumpkin display runs until 10 p.m. More than 700 carved pumpkins will be set aglow

MIKE ARSENAULT
LONDON@METRONEWS.CA

If you carve it, they will come.

That's the philosophy Judd Kennedy has worked under for nearly two decades, attracting thousands of Londoners to his lighted-pumpkin show.

"We set (the pumpkins) out so everyone can enjoy all the magnificent artwork that goes on and the imaginations of the kids," he said. "I tell them to carve whatever they want — it gives them an open canvas to play."

Children from a variety of schools carve pumpkins for the display along with an army of volunteers, including Kennedy's friends, neighbours and family.

"It's an all-ages, all-family event — there's no gore, there's no scariness," Kennedy said.

The show, which started last night, is free, but Kennedy asks everyone to bring non-perishable food or a cash donation to support the London Food Bank.

Last year, more than 3,000 pounds of food and $1,000 were donated. Kennedy hopes to top that this year.

"Back when I started with 30 (to) 50 pumpkins, people came screeching to a halt when they drove by and came in and asked if they could walk through them," he said. "They asked to donate (toward) putting on (the show), and I said OK. (The) first time it helped buy the pumpkins; then I said I was going to put all of the donations toward a food bank."

If you go

- Judd Kennedy's pumpkin show will be available for public viewing from dusk until 10 p.m. tonight at 1276 Rideau Gate (corner of Rideau Gate and Glenora Drive).

MIKE ARSENAULT/FOR METRO

▶ Judd Kennedy of London carves an 80-pound pumpkin yesterday afternoon in preparation for his 18th annual carved pumpkin light show.

Police launch EOA anti-crime effort

MIKE ARSENAULT
@METRONEWS.CA

Thanks, but good luck.

That just about sums up the way Mike Horsebool feels about the police department's new initiative to have an increased presence east of Adelaide Street.

"It's not going to work; not at all. People in the (neighbourhood) have just accepted that it's a rough area," Horsebool said yesterday.

The 26-year-old has lived in the area his whole life and now works there.

"(EOA) has always been pretty dirty," he said. "Last year, I got propositioned three times in one block. There's lots of drugs in the area for sure."

London police are conducting an eight-week-long "Old East Project" — an effort that focuses on crimes such as drug and alcohol use in public spaces, as well as prostitution and trespassing.

Horsebool thinks that the increased police presence will just move illegal activity out of the public eye.

"I'm not sure it's worth the time and effort to do it," he said. "All you're going to do is get them out of this neighbourhood and put them in another neighbourhood."

"(Drugs and prostitution) will always be around. There's not much you can do about it."

MIKE ARSENAULT/FOR METRO

▶ Mike Horsebool, an employee at Worlds Away comic book shop on Dundas Street, points yesterday to an area near the store that he says is frequented by prostitutes.

The background

- The police crackdown comes about a month after Ward 4 Coun. Stephen Orser asked for an administration report on how much it would cost to put surveillance cameras on Dundas between Adelaide and Rectory streets because of increased problems.
- Council also supported a proposal last month to vacate a Dundas Street alley frequented by drug users and to install syringe-collection boxes there in the meantime.

Teen facing charges after midnight arrest

A 17-year-old is facing weapons charges after police said he was caught carrying an expandable baton and a bottle of alcohol under his sweatshirt about 12:10 a.m. yesterday near Thurman Circle and Fleming Drive.

Police said they sent the teen and others away from the area earlier to stop a fight.

METRO

Leaving for Las Vegas?

WestJet is now offering seasonal service from London to Las Vegas. The inaugural flight was yesterday but there's been a market demand for the service for years, said Steve Baker, president and CEO of London's airport. METRO

Single-car crash results in fatality

One person is dead after a single-vehicle crash yesterday near Highbury Avenue South and Glanworth Drive.

Police were called to the scene about 4:15 a.m. and found the lone occupant of the vehicle deceased.

The victim's name and age had not been released Sunday afternoon.

METRO

1 news

Universities are trying to prevent students from getting discouraged with their studies and eventually dropping out. Scan code for the story.

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On the web at metronews.ca

The recent agreement on the EU's plans to bail out Greece promises to have the expected warming effect on the markets. Video at metronews.ca

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Fundraising. Effort

▶ Reg Casselman, 62, of London drops a $20 bill into firefighter Wayne Brown's boot Saturday outside the No Frills grocery store on Hamilton Road. Hundreds of firefighters and their family members spent several hours collecting money outside stores as part of a fundraiser for Muscular Dystrophy Canada.

ANGELA MULLINS/METRO

Firefighters give the boot to muscular dystrophy

Some occupiers seek safety of church lawn

Protesters in Victoria Park have been threatened with bylaw infractions

MIKE ARSENAULT
LONDON@METRONEWS.CA

While it's not being considered a fracture in the Occupy London movement, some participants have left the makeshift tent city in Victoria Park.

"It isn't as much a moving of the occupation as it is a sanctuary for those who don't necessarily feel safe when faced with the threat of police coming in," said Matthew Connell, a participant in the occupation since it started Oct. 22.

A handful of the protesters relocated to the lawn of St. Paul's Cathedral over the weekend. The move came days after city officials asked occupiers to leave the park and threatened to charge those who remained with bylaw infractions.

No one had been ticketed as of yesterday afternoon, Connell said.

"We still have amalgamated general assemblies. We're all still part of the same community. It's just a matter of safe space."
MATTHEW CONNELL, 24, OF LONDON

As the weather gets colder, shelter will become more and more vital to the movement, Connell said.

"We talked to (two police liaison officers) about creating a public space in which we could have an occupation indoors or perhaps sheltered," he said.

Some occupiers have said they'll stay in the park as a long as needed to get their messages across.

CONTRIBUTED

▶ From left, London fire Chief John Kobarda, Deputy Chief Brian George and Mayor Joe Fontana pose for a photo Friday with honorary fire chief Owen McGonigal.

MD honouree wears the big hat

Muscular Dystrophy Canada honouree Owen McGonigal was designated London's honorary fire chief Friday.

Owen and his family recently received Muscular Dystrophy Canada's Courage to Inspire Award for their efforts to raise awareness and money for those affected by neuromuscular disorders.

METRO

Intersections, methadone on city agenda

Methadone clinics will be up for discussion at tonight's city council committee meeting.

City staff is recommending a bylaw that keeps the clinics away from schools and other clinics, and out of high-traffic areas.

Last November, the city put a one-year moratorium on opening new clinics until a strategy to manage them could be developed.

Also on tonight's agenda is a proposal to start an environmental study on a proposed Highway 401 and Wonderland Road South interchange, as well as a staff report on another study that recommends building a roundabout at Hamilton and Gore roads.

METRO

OHL

Knights score pair of victories in extra time

The London Knights have given fans their money's worth in their last two home games.

After beating Owen Sound in overtime on Friday, the Knights squeaked by Sarnia 3-2 yesterday in a shootout. The deciding goal was scored by Matt Rupert.

The Knights outplayed the Sting in the first period, outshooting their opponents 19-6 and grabbing a 2-1 lead.

The second period was a different story as Sarnia outshot the home team 17-9 and evened the score at two.

The final period and overtime solved nothing until Seth Griffith and Ryan Rupert potted goals in the shootout.

Goal scorers in regulation for London were Andreas Athanasiou and Dane Fox.

Next up for the Knights (13-2-0-1) is a home tilt with the Brampton Battalion at 7:30 p.m. Friday.

METRO

Local business honoured

London's ON Communication Inc. has been recognized with the International Association of Business Communicators Silver Leaf Award of Excellence for an effort that increased awareness about the Jebel Lado Project.

The project aims to create the first mechanized farming operation in South Sudan.

METRO

For more news, visit metronews.ca/london

Charges in spatula stabbing

Assault charges have been laid against Jeffrey Kettle, 27, of Vineland after he allegedly stabbed a woman with an icing spatula.

Officers were called to Wellington Road and Bradley Avenue at about 4:15 p.m. Friday after the man took a bottle of alcohol from two women and smashed it at a bus stop, police said.

He then went into a nearby store and allegedly caused about $580 in damages before stabbing the woman. Her injuries were minor, police said.

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Warming skeptic changes his tune

Study of world's surface temperatures took two years Was bankrolled by global-warming deniers

A prominent physicist and skeptic of global warming spent two years trying to find out if mainstream climate scientists were wrong. In the end, he determined they were right: Temperatures really are rising rapidly.

Richard Muller pursued long-held skeptic theories in analyzing the data. He was spurred to action because of "Climategate," a British scandal involving hacked emails of scientists.

1 C

Degrees that the study says the temperature of the world has risen since the 1950s.

Yet he found that the land is 1 degree Celsius warmer than in the 1950s. Those numbers from Muller, who works at the University of California, Berkeley, and Lawrence Berkeley National Lab, match those by the National Oceanic and Atmospheric Administration and NASA.

He said he went even further back, studying readings from Benjamin Franklin and Thomas Jefferson. His ultimate finding of a warming world, to be presented at a conference today, is no different from what mainstream climate scientists have been saying for decades.

THE ASSOCIATED PRESS

Occupy. Snow

▶ A snowman stands at the entrance to an Occupy Maine camp in Portland yesterday.

ALTAF QADRI/THE ASSOCIATED PRESS

Storm knocks out power to millions

More than three million customers in the U.S. Northeast were without power as an unseasonably early storm dumped heavy, wet snow over the weekend. More than 60 centimetres fell in some areas, with at least 11 deaths reported.

Feds were warned of hackers

Canada's spy agency warned the federal government they were under assault from hackers just weeks before an attack crippled computers.

The newly released assessment sounded the alarm about fake emails that shut down networks two months later.

THE CANADIAN PRESS

Afghan mission a risk: PM

There is no way for Canadian soldiers to work in Afghanistan without "significant risks," Prime Minister Stephen Harper said yesterday in the wake of the death of a soldier.

With the combat mission over, Canada will remain in the country to train until 2014.

THE CANADIAN PRESS

Pundit dubs Ford the worst

A firestorm over a 911 call peppered with expletives has earned Toronto's embattled mayor Rob Ford a dubious honour south of the border.

U.S. political commentator Keith Olbermann called the mayor the "worst person in the world" on his Friday show.

THE CANADIAN PRESS

Trick or Treat with the London Knights

The London Knights on Saturday, October 29th, were at WESTGATE **Honda**, handing out candy, signing autographs and posing for pictures with friends and families.

The next London Knights Hockey Club community event is Tuesday November 1, 6-8pm at Jack Astor's Downtown.

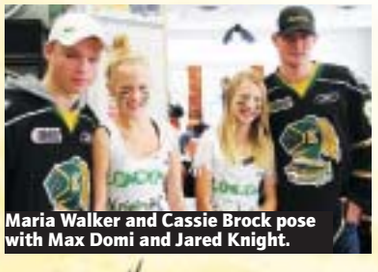
The complete London Knights team and Westgate Honda staff enjoying the sunshine.

Mackenzie Laskey and Zackary Ratz in costume are lining up to see the Knights.

People line up to get autographs by the London Knights team.

Davey Evans gets his jersey signed by some of the Knights.

Caelyn Fay shows off his spidey-skills at Westgate Honda.



Maria Walker and Cassie Brock pose with Max Domi and Jared Knight.

Curtis McCabe, Tyler Nelson, Ben Remington in costumes.

Coby, Lee, Emma and Becky Fralic won Knights tickets from Metro London.

Were you at this event and don't see your picture?

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Chinese cop arrested in fatal crash

A police officer was suspected of driving a police van drunk and killing five people in a central China crash that sparked angry crowds to smash and flip police cars in the latest burst of public anger against the authorities.

Wang Yinpeng, the head of a township police station in Henan province's Runan county, was charged with endangering public security after the van crashed into two street lamp poles Saturday afternoon, the official Xinhua News Agency said.

The poles fell, fatally crushing five victims and injuring three more.

The Runan county Propaganda Department said the officer was suspected of driving drunk, Xinhua reported.

Crowds surrounded the crashed van as well as two other police cars and two vans, and overturned and smashed them out of unhappiness with how the police were handling the crash, the Southern Metropolis Daily said.

The paper cited a witness as saying police arrived at the scene and apparently tried to move the bodies to a funeral parlour without first conducting an investigation.

Reports of road rage and drunken driving have increased in Chinese media as auto sales boom and new drivers hit the streets with little training. China has also seen more frequent protests, sometimes violent, sparked by one-off incidents that point to a deep-seated unhappiness with abuses of power and officials who see themselves as above the law.

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Flocking. Downtown

▶ A shepherd leads a flock of sheep along a downtown street yesterday during an annual parade in Madrid.

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

Shepherd's not sheepish about march

Spanish shepherds led about 5,000 sheep through the streets of Madrid yesterday in defence of ancient grazing, migration and droving rights threatened by urban sprawl and man-made frontiers.

Afghans bowl in war-torn Kabul

- **Entrance to alley behind blast-resistant steel doors**
- **'Afghanistan needed a place like this': Owner**

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

▶ Meena Rahmani, 26, owner of The Strikers.

In an Afghan capital scarred by years of war, a young Afghan woman has bet $1 million US that her countrymen could use a little fun.

Located down the street from Kabul's glitziest mall is The Strikers, the country's first bowling alley and owner Meena Rahmani's gamble on the city's newest entertainment venue.

But more than a place for family fun in a city largely devoid of options, the 12-lane centre stands as a reflection of both the country's hope for the future and the challenge of securing one even as NATO's fight against the Taliban enters its 11th year.

The equipment is imported, engineers came from China and the alley is powered by industrial-sized generators. Its entrance sits behind blast-resistant steel doors guarded by men toting AK-47 assault rifles.

"This was a huge project," said Rahmani, but "we were committed to it."

THE ASSOCIATED PRESS

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ENDANGERED SPECIES

Panel inquiry may limit access to prized catch

Huge chinook salmon are the most prized catch on the Pacific coast for fishermen on both sides of the Canada-U.S. border, but they may soon have to share the bounty if a scientific panel links chinook and the survival of endangered southern resident killer whales.

Dozens of studies and reports must be analyzed before a decision is made at the end of 2012. Studies indicate there's a link between poor survival of southern residents and low chinook abundance.

THE CANADIAN PRESS

Court ruling ends Aussie airline strike

Qantas Airways could begin returning its grounded fleet to the skies as early as today after an Australian court intervened in a bitter labour dispute by ending strikes and cancelling a staff lockout.

The arbitration court ruling is a major victory in the airline's battle with unions whose rolling strikes have forced to cancellation of 600 flights in recent months, disrupted the travel for 70,000 passengers and cost Qantas 70 million Australian dollars ($75 million US).

60 More than 60 flights that were in the air flew to their destinations, while Qantas was paying for passengers to book other flights.

But the surprise grounding of all 108 planes on Saturday, at a cost of $20 million a day, has hurt the Australian flagship's reputation among the tens of thousand of passengers who have been stranded around the world.

THE ASSOCIATED PRESS

Share prices, dollar could feel pressure

Traders on the Toronto stock market will likely start this week in a positive frame of mind amid relief that European countries at last appear serious about fixing the region's debt crisis.

Share prices could be under pressure in the last half of the week, depending on what the U.S. Federal Reserve has to say at the end of its two-day meeting on interest rates, key manufacturing data and, at week's end, the U.S. government's latest read on job creation. The Canadian dollar could find itself under pressure from data showing how the economy fared during August.

THE CANADIAN PRESS

Kodak playing catch-up by plugging into patents

Company had $957 million in cash in June, down from $1.6 billion in January ◆ Nearly $3 billion in patent-licensing fees garnered over 3 years

Picture this: Kodak — the company that invented the first digital camera in 1975, and developed the photo technology inside most cellphones and digital devices — is in the midst of the worst crisis in its 131-year history.

Eastman Kodak Co. is betting that a big cash infusion from the sale of 1,100 digital-imaging inventions will see it through a transition that has raised the spectre of bankruptcy.

Kodak popularized photography over a century ago. It marketed the world's first flexible roll film in 1888 and transformed picture-taking into a mass commodity with the $1 Brownie camera in 1900. But for too long it stayed firmly focused on its 20th-century cash cow, and failed to capitalize quickly on its new-wave know-how in digital photography.

Kodak has been playing catch-up. Pummelled by Wall Street over its dwindling cash reserves — and its attempts to reinvent itself with digital imaging and printing — Kodak has been hawking the digital patents since July. "One thing I would stress is: It is our intention to retain a licence to any of the intellectual property we sell," says Kodak spokesman Gerard Meuchner. "It's like you sell the property but still get to live in the house."

DAVID DUPREY/THE ASSOCIATED PRESS FILE

▶ Kodak headquarters is shown in Rochester, N.Y., on Oct. 3.

Many financial analysts foresee the portfolio fetching $2 billion to $3 billion. But others think Kodak can haul in far more than that. That's because patents have become highly valuable to digital-device makers who want to protect themselves from intellectual property lawsuits.

"There is an all-out nuclear war right now for global dominance in smartphones, tablets and mobile devices, and Kodak has one of the largest caches of weapons sitting there," concurs Christopher Marlett, chief executive of investment bank MDB Capital.

Even a hefty return, skeptics counter, won't solve Kodak's struggle to close out a nearly decade-long transformation and return to profitability in 2012 after running up losses in six of the last seven years.

"All the extra cash does is give you a lifeline for a short period. And then, poof, you're back in the same position without the assets to sell," says analyst Shannon Cross of Cross Research. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 54.07 (12,519.51)	- 0.06¢ (100.82¢ US)	- $0.64 US ($93.32 US)	$3.91 US (+ 14¢)	$1,747.20 US (- $0.50)

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SOCIAL MEDIA MOM THE NEW SOCCER MOM

URBAN COMPASS

JILL ELLIS
METRO LONDON

Stephanie Holmes' blog explores "the world behind the closed and competitive doors of the typical suburban home." Entitled How to Survive Life in The Suburbs, Holmes has parlayed her sense of humour and forthrightness into a following of more than 5,000 regular readers across North America, and a coveted place in the blogosphere: She's a brand ambassador and gets paid to review and promote products through her blog.

Stories about how she inadvertently flashed the lawn boy or how her husband broke his toe in the shower may have caught the attention of thousands of inhabitants of cyberspace, but her own mother only recently found out about her daughter's secret life by Googling her. "I have to watch what I'm writing now," she laughs.

"Holmes feels that the three years she's been blogging helped her cope with being a stay-at-home mom."

Holmes feels that the three years she's been blogging helped her cope with being a stay-at-home mom. "Someone's out there and knows what you're going through," says Holmes. "When a response comes through and there's a little flash on my BlackBerry, it's validation."

Recently named community manager in London for a social media marketing company called ShesConnected, Holmes hopes to provide a forum for other blogging moms and help them to connect with each other and the community.

ShesConnected was started in Boston by Donna Marie Antoniadis, who is on the Forbes list of the 20 best branded women on Twitter. It's been in Toronto for five years and now has moved into the London market. Holmes will be ferreting out local women who want to connect through the website. "On my Facebook page, I asked how many women are bloggers, and 45 or 50 responded. Who else is out there?"

Holmes' goals for ShesConnected include finding and growing the local cyber-citizens, forming a community of "social influencers" and holding workshops and tweetups (physical and online meetings of folks on Twitter).

Social influencers are bloggers who test and review products in their blogs through ShesConnected. Companies pay to access the bloggers' online followers. Holmes names Maple Leaf Foods, Ford and Toshiba as some of the companies that ShesConnected works with to "amplify the power of women and connect them in a significant ways to each other and brands."

ShesConnected's website allows women to post their personal or professional profiles, or both. Then they can apply to forums and programs to become social influencers if they have a big enough reach.

Holmes thinks that there are many women bloggers, or those who want to be, in London and the area, and says, "They might already be here, like I was, hiding behind an avatar."

Bloggers who want to step out from behind the screen can contact Holmes at stephanie@shesconnectedcorp.com or at the next tweetup near you.

Contact Jill Ellis at londonurbancompass@metronews.ca

Panel
Register at metropolitanpanel.ca and take the quick poll

New tattooed Barbie: bad influence or badass?

Local tweets

- **@patsearle:** Guy at Chapters @Starbucks studying with bloody makeup still on his face. #commitment #ldnont #uwo
- **@drewdeens:** Awkward bus ride home this morning wearing half of my #halloween costume. #uwo #walkofshame #ldnont
- **@jennahepburn:** And someone starts singing backstreet boys. The night is donee. #happyhalloween #ldnont
- **@Briggimus:** Anyone want some hermit crabs?#ldnont
- **@CoutureCreative:** It's impossible to get a cab on Richmond right now. Someone pick us upppp. #ldnont
- **@serenacatania:** LOL the guy sitting beside us at subway had to put in earbuds to block out our stories of last night to keep himself from laughing. #uwo
- **@nicolettebreeze:** Beautiful fall day on Canada's most beautiful campus. I'm glad I go here. #uwo
- **@aliforis:** Getting home at 5am not knowing where I've been for the past 3 hours....successful halloween #uwo

Letters

OCCUPY LONDON. The people occupying Victoria Park should be allowed to remain there, despite municipal bylaws regarding time and infrastructure restrictions in public parks.

Around the world, we have witnessed peaceful occupations crushed by government violence. Arab countries may be the first that come to mind, with Syria and Bahrain as just two on the long list of brutal regimes that continue cracking down on peaceful civil disobedience.

But we don't have to look that far. The recent G20 protests were stamped out without any regard for human dignity. Two days ago in Oakland, Scott Olsen — a 24-year-old Iraq veteran — suffered a fractured skull after a police officer shot him in the head with a "non-lethal" projectile. Olsen was peacefully standing ground at the occupation movement in that city. Given the context of the countless social and environmental problems that we face as a society today, the bylaws referred to as grounds for issuing an eviction order should not be enforced.

MARTIN VEZER
LONDON

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled I Really Don't Like You, was submitted to the Moments of my Life category by vinny from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Even if you sell it, they will still come

The sprawling eastern Iowa cornfields made famous by the movie Field of Dreams are being sold to a company that will preserve the site's baseball legacy, the owners announced yesterday.

Don and Becky Lansing said they have accepted an offer from Mike and Denise Stillman and their company, Go the Distance Baseball LLC, which will develop the site near Dyersville as a baseball and softball complex.

"We worked hard to maintain its wholesome allure, and our success says a lot about our nation's love affair with its national pastime," Becky Lansing said in a statement. "It truly is a special place."

The land has been in Don Lansing's family since 1906. The couple put the property up for sale at $5.4 million US in May 2010. The parcel includes the two-bedroom house, baseball diamond, six other buildings and 193 acres — mostly cornfields — from the movie.

The Lansings said earlier this year that they had received several inquiries about the site but were committed to finding a buyer that would preserve its legacy. THE ASSOCIATED PRESS

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Bikers and the Bard

Kim Coates might look the part of a gritty gang member, but The Sons of Anarchy actor loves Hamlet as much as his Harley Reveals what to expect on the second season of SOA

HANDOUT

Saskatchewan native Kim Coates has been busy lately with roles in Sons of Anarchy, the recently-ended HBO series Entourage and five different films.

Kim Coates is so convincing on Sons of Anarchy that real-life bikers like to give him their opinion of the show.

Case in point. Coates was at the gym a few years ago when an ex-biker club member got right in his face.

"Listen man," Coates recalls the guy saying, "I'm not gonna pull any punches."

Using colourful language, the biker went on to tell Coates that while he enjoyed his performance, he had problems with the show. A list of those concerns followed.

The 52-year-old actor calmly stood his ground.

"I said to him, 'It's a TV show. Based on some truths, based on Hamlet metaphorically, but it's a TV show."'

Maybe it was the Hamlet reference that soothed the dude. Maybe it was Coates' Harley out front. Whatever, Coates was able to make the case that he was "just trying to do a television show within the genre of the biker world."

Canadians who have not yet found the series on the Pay TV service Super Channel can catch up from the beginning when it premieres tomorrow night at 10 p.m. on FX Canada. The new Rogers-owned specialty channel launches tonight.

Coates loves being on Sons of Anarchy and is thrilled the series set an FX premiere ratings record when it returned in the U.S. last month for a fourth season. A rare actor who makes you feel like you've known him for years on a first interview, the Saskatchewan native has never been busier. Besides Sons of Anarchy, he was a familiar face on the just-finished HBO series Entourage.

Coates has roles in five films set to come out, including Sacrifice and A Little Help. He was at the Toronto International Film Festival last month to promote the rowdy hockey movie Goon (co-written by Jay Baruchel). Seann William Scott, Alison Pill and Eugene Levy also have roles in the film, which will be released next year.

Despite his onscreen image — often as the creep next door — in over 40 films, Coates is a pussycat himself, a dedicated family man married for 26 years with two grown daughters.

As for the Shakespeare metaphor, Coates is equally at home around Hamlet as he is on a Harley. He starred as Macbeth at Stratford when he was just 27 (singling out director Tom Kerr as "my mentor") and enjoyed a run on Broadway as Stanley Kowalski in A Streetcar Named Desire.

He gets the Hamlet thing on "SOA" and credits its series creator Kurt Sutter with turning this outlaw biker crew into compelling television.

"Kurt's an amazing storyteller," says Coates. "I like to think that most of us know our characters better than he does now but really the story is all in his head."

There was one time when Coates felt Sutter made a wrong turn on the series.

Without spoiling what happens in Season Two, there is a moment when Tig (Coates) gets cozy with Gemma (Katey Sagal), the wife of the club president, Clay (Perlman). Coates read the script, could not believe Tig would ever sneak around on Clay and demanded to see Sutter.

"Take a breath," Sutter told Coates, explaining that this is, after all, a tale of biker outlaws, a world of drugs, sex and rock 'n' roll.

Gemma is lost and lonely and comes on to Tig. Tig is lost and lonely and responds.

"You're not doing it out of anything with Clay," explained Sutter.

"It's just a moment of two very wounded people coming together for some love, some something."

Was it ever consummated? Will Tig get back with Gemma?

"All I know is that things are happening this year," says Coates.

"Stuff is going down," he adds.

THE CANADIAN PRESS

Kim Coates

The Sons of Anarchy star is more than just a tough-looking actor who plays the creep next door. Here's a few more details about his career.

1. Coates has beeen cast in more than 40 different movies.
2. He has more than 20 roles in made-for-TV movies to his credit.
3. During the mid-1980s he was a regular on stage at the Neptune Theatre in Halifax with roles in productions like West Side Story, Twelfth Night and Romeo and Juliet.
4. He has been nominated for Geminis in the Best Actor in a Featured Supporting Role and Best Performance in a Guest Role in a Dramatic Series.

2 scene

Box office

The Shrek spinoff Puss in Boots opened with an estimated $34 million to top the box office. The film proved a big draw outside of the Shrek franchise. Paranormal Activity came in the number two spot over the weekend. That film took in $18.5 million in its second week of release. The Rum Diary, starring Johnny Depp, opened weakly, earning just $5 million.

THE ASSOCIATED PRESS

FX Canada heralds aggressive plans by Rogers to add channels, expand reach

Protecting Lightfoot's legacy?

Rocker Dave Bidini writes book about Gordon Lightfoot without his involvement

FRANK GUNN/THE CANADIAN PRESS

▶ Dave Bidini is the author of Writing Gordon Lightfoot.

As soon as Dave Bidini put the word out that he was writing a book about Gordon Lightfoot, the stories started to pour in.

Bidini, the former Rheostatics singer, has plenty of friends in rock 'n' roll, and they had plenty of tangled yarns to spin about the 72-year-old Canuck singer for Writing Gordon Lightfoot.

Some were flattering, but most were definitely not.

"People would be like: 'I have a great Lightfoot story,' and it would inevitably turn out to be a horrible Lightfoot story," Bidini said in an interview last week at a Toronto café.

"There's a book that could come out for sure that would just be about that, just be about him being a mean drunk and a bad husband ... But if you put too many episodes in a book like that, that's all people are going to take away from it, and I wanted people to come away with a fuller impression of who the person was, about this life lived in Canadian music.

"I wanted people to come away with a fuller impression of who the person was."
AUTHOR DAVE BIDINI

"And actually one of the things I say in the book is I sort of approach Gord and I say: 'I hope you're grateful that it's me writing the book and not some muckraking journalist.'"

That Bidini wanted to protect Lightfoot's legacy — or at least his dignity — might imply some sort of friendly relationship between the two Canadian rockers.

But in fact, Bidini says that Lightfoot refused to be interviewed for the book despite his persistent requests.

In the text, Bidini offers a couple of theories for Lightfoot's non-participation. Years ago, the Rheostatics covered The Wreck of the Edmund Fitzgerald, and Bidini and his bandmates thought the Orillia, Ont., country-folk legend might have liked their version.

So they directed it to Lightfoot's manager at the time, Barry Harvey, who has since died. Bidini remembers Harvey telling him that he wouldn't give the song to Lightfoot because it would just annoy the singer. The group was disappointed, and some time later, Bidini slighted Lightfoot in an interview, suggesting that the Canuck icon had swiped the melody for Fitzgerald from an old Irish folk tune (Bidini himself heard this rumour at a pub in Cork, Ireland). Harvey asked for a retraction and Bidini agreed, but says that once the comments had hit the Internet, it was too late.

So, the two artists weren't exactly friends. Still, Bidini believes the primary reason Lightfoot didn't want to participate in the book is that the songwriting stalwart simply has no interest in revisiting the still-tender wounds of his past.

And Writing Gordon Lightfoot does zero in on a particularly difficult period in his career.

The book is structured around the events of one week in July 1972, when some of the biggest names in music — including Bob Dylan, Neil Young, Joni Mitchell and, yes, Lightfoot — descended on tiny Toronto Island to make surprise appearances at the Mariposa Folk Festival.

At the time, the book says, Lightfoot had been forced to curtail his touring schedule due to Bell's palsy, which had temporarily left his face partially paralyzed, his first marriage was crumbling (he would divorce in '73), and he was dating Cathy Smith — the same woman who would later serve time in a California prison for injecting actor John Belushi with a fatal dose of heroin and cocaine in 1982.

THE CANADIAN PRESS

Eugenides tired of the autobiographical questions

Superstar author Jeffrey Eugenides is getting weary of questions about whether his new book, The Marriage Plot, is autobiographical.

"It's incredibly fatiguing. It happens with every novel, no matter what you write about," the 51-year-old said during an interview this week.

Eugenides burst onto the scene in 1993 with his acclaimed debut The Virgin Suicides, which was later made into a much-discussed film by Sofia Coppola. His next novel, 2002's Middlesex, vaulted him into the literary stratosphere. A stunningly imaginative and expansive tale about a male hermaphrodite, the book won the Pulitzer Prize, was chosen as an Oprah selection and had legions of readers clamouring to see what the rock-star writer would do next.

They had to wait nine years to find out, but were rewarded this month with Eugenides' latest novel, The Marriage Plot, which follows a love triangle between English major Madeleine and two fellow male students at Brown University (the author's alma mater) in the early 1980s.

In the beleaguered world of publishing, the book's release was a joyous event. A billboard of Eugenides went up in Times Square. A launch party in New York City attracted literary heavyweights Jonathan Franzen, Martin Amis and Zadie Smith.

The Marriage Plot was soon lauded as another highly erudite, yet eminently readable offering from Eugenides. Still, much of the media coverage has been preoccupied with whether it is autobiographical.

MEL EVANS/THE CANADIAN PRESS

▶ Author Jeffrey Eugenides poses at his home in Princeton, N.J., in September.

Hurry up and write

- During his media rounds, Eugenides has also faced repeated questions about the extended period of time it takes him to write each book.
- The author says he can usually tell after about 150 pages whether he wants to move forward with a new project.
- The kernel of The Marriage Plot, he said, came about when he was taking a break from Middlesex in the late 1990s and began writing a story about a débutante party. He abandoned that manuscript, but the character of Madeleine stuck with him, eventually jumping into the pages that would become The Marriage Plot.

Did Eugenides base the character of Mitchell Grammaticus on himself (both are from Detroit and of Greek descent)? Does the Brown setting reflect the author's time at the school? And is the character of manic-depressive biologist Leonard Bankhead based on the late author David Foster Wallace (with whom Eugenides had a passing acquaintance)?

Eugenides, an instructor at Princeton University, can't seem to escape the speculation.

"Last time I wrote about someone who was intersex and I would still get the autobiographical question even though it's obviously about as imaginative a leap as I can make," said the author, who lives in New Jersey with his wife and daughter.

"Now, I'm getting it again. You get it with everything you write. That's how people read. We all do it to a certain extent.

"But people need to understand that you obviously draw from your life in order to write a novel, so there are going to be many things that resemble the writer's experience. But what happens in a novel is very different than what happens in a writer's life."

THE CANADIAN PRESS

I'm not gay: Kelly Clarkson

Singer opens up about her sexual orientation and dating on talk show

Kelly Clarkson is setting the record straight about being straight.

Despite speculation running rampant for years, the singer wants to clarify that she is not a lesbian.

"I'm from a small town, so everyone's married with children or about to have children," she says during a visit to The View.

"That's why people think I'm gay — because they're like, 'why aren't you married?' And I'm like, 'It doesn't happen for everyone right off the bat!'"

Plus, she says she hasn't had the easiest time finding the right guy.

"I've dated some cool guys, but I don't know if I've dated someone where I could spend my whole life with them," Clarkson says.

"The last date I went on was horrible, so I'd like to go on a good date."

"I've dated some cool guys, but I don't know if I've dated someone where I could spend my whole life with them."
KELLY CLARKSON

METRO

ALL PHOTOS GETTY IMAGES

▶ Kelly Clarkson

PATTINSON A MARRIED MAN?

▶ Robert Pattinson and Kristen Stewart

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

In honour of Halloween, let's check in with vampire-in-chief Robert Pattinson, shall we? (Tune in tomorrow for an update on director of zombie special projects Lindsay Lohan — we just couldn't handle her today.)

While promoting Breaking Dawn: Part 1 at a press conference over the weekend, Pattinson speculated that he and costar/girlfriend Kristen Stewart may already be married. "The wedding scene's funny because we used a real priest," the actor said, according to Us-Magazine.com.

"So technically we are already married because he did all the things you would do in a normal ceremony. So we don't have a civil union in law, but I guess in the church we are actually married."

We suspect the church wouldn't agree, but then again, it's not really our go-to marriage dictionary these days.

If someone united Heidi Montag and Spencer Pratt in holy-hell matrimony, no doubt they'd sign off on this one.

TODAY'S THE WORD WAS WRITTEN BY MONICA WEYMOUTH

▶ Nicki Minaj

Nicki Minaj and her maid get into it

Police were called to respond to something of a domestic disturbance after singer Nicki Minaj got in an argument with a housekeeper, according to TMZ.

Minaj had previously fired a maid who worked at her home, then grew upset upon seeing the woman returning to work Friday, insisting she leave.

When the maid said she would not be "treated like an animal," Minaj reportedly flew into a rage, shouting.

"I'll show you how to treat someone like an animal. Get the f— out of my house."

It turns out, however, that it was a different maid and not the one she'd previously let go.

METRO

Usher caught using disabled parking spot

Usher ran afoul of a fellow citizen after parking in a handicap space in Atlanta recently, according to TMZ.

His black SUV was stopped outside a Halloween costume shop when an unidentified woman started screaming at him, shouting things like, "You don't belong here!"

After being ignored for too long, the woman turned violent, lunging at the singer and his companions and having to be dragged away by her husband.

Usher's reps had no comment.

METRO

Usher

Celebrity tweets

@SteveMartinToGo

Bad dog! BAD DOG! (my dog reads twitter)

@Joan_Rivers

A coroner revealed that Amy Winehouse was more than five times over the legal alcohol limit, or as Lindsay Lohan calls it, "sober."

@taylorswift13

to me, relaxation = a shirt with a bunch of cats on it

@ActuallyNPH

I just woke up. My head is pounding. My toilet is filled with gold! What just happened?

JT plans to lay low

Justin Timberlake might be avoiding the spotlight for a little while, he warns.

"I've spent a lot of time feeling like I needed to validate so much of who I was by what I did," he tells Esquire magazine.

"I think you can work and work and work and never really live."

So what is Timberlake planning to do instead?

"The plan is to have no plan," he says. "I'll probably travel, but I'd rather be spontaneous. I feel like I've earned at least a little bit of time to do that."

METRO

CHARLIE LITCHFIELD, IDAHO PRESS-TRIBUNE/ THE ASSOCIATED PRESS

▶ Dentists and dieticians say you can still make Halloween reasonably healthy for kids without resorting to tactics like no candy.

Keep it sweet but healthy

Candy isn't the only thing kids can accumulate during Halloween ◐ Cavities and extra pounds from all the candy are also common ◐ Try these tricks for preventing health issues

Offer apples to trick-or-treaters and risk having your house get egged — maybe even by your own kids.

But dentists and dietitians say you can still make Halloween reasonably healthy for little devils and witches without resorting to dracul-onian tactics, like no candy.

"This is such a big adventure for them — let them have it, obviously with some caveats," said Dr. Rhea Haugseth, a dentist in Marietta, Ga., who's president of the American Academy of Pediatric Dentistry.

Haugseth also suggests avoiding cavity-promoting treats like caramels that stick to the teeth, or lollipops that bathe teeth in a long sugary bath.

Also, having kids brush their teeth before trick-or-treating to helps reduce plaque and bacteria, which interact with sugar to produce tooth-decaying acid, Haugseth said. Kids should also brush right after eating candy, she said.

Just don't go overboard on restrictions, says Cole Robbins, a Chicago 12-year-old and Halloween veteran. "Halloween is the one day of the year where we kids just kind of break out and overload on candy," he said.

To help prevent that kind of gorging, try to give children a healthy, filling meal before trick-or-treating, says Bethany Thayer, a spokeswoman for the American Dietetic Association who works at the Henry Ford Health System in Detroit.

Ronni Litz Julien, a Miami nutritionist whose patients include overweight and obese kids, says another trick for parents is to help sort through the loot, have kids select their 10 favourite pieces, and give the rest away. Offer the choice of eating all 10 pieces at once, or over 10 days. That gives them a sense of control, without feeling shortchanged, she said.

"You can't deprive them. It's Halloween, for God's sake," she said.

President Barack Obama joked last week on The Tonight Show that he'd warned his health-promoting wife that the White House would get egged if she gave trick-or-treaters fresh fruit and raisins instead of candy.

Dr. Janet Silverstein, a Gainesville, Fla. pediatrician and member of the American Academy of Pediatrics' nutrition committee, says she doesn't give out candy, offering fruit or pencils instead; so far her house is unscathed.

When her own children were young, Silverstein would buy their candy for a nickel a piece. She recommends that to her patients' parents, too. Though she doesn't offer her other solution — she used to eat her kids' candy.

THE ASSOCIATED PRESS

Parent tricks

Try these tips for keeping Halloween fun without risking cavities or extra pounds.

- **Dark chocolate**
  Start by handing out dark chocolate instead of chewy candies. The chewy variety is likely to get stuck in teeth and stay there. Some studies have suggested dark chocolate is good for the heart.
- **Toys**
  Try bribing your kids with a new toy in exchange for the Halloween loot — or at least some of it.
- **Wait**
  Ask your kids not to dip into their loot bags until they bring the entire stash home. This trick ensures both safety so you can toss any suspicious-looking candy, but it also prevents an "eating frenzy" — and the stomach aches.

3 life

Sweet choices

A British Columbia-based dietitian and author has some helpful hints about the chocolate choices parents will have to make this Halloween.

Gloria Tsang says all parents need to do is look at the list of ingredients on mass-produced chocolate bars. Tsang says if parents don't know how to pronounce the name of an ingredient then that product might not be the best choice. She says parents should also watch out for artificial colours and emulsifiers — additives used in processed foods.

Tsang says while candy isn't good, parents shouldn't get stressed about the holiday, noting Halloween is a time when people should enjoy sweet foods.

THE CANADIAN PRESS

Will Halloween play a trick on your kids' health? Dental hygiene is key concern.

The high-tech pacifier trend

Parents increasingly use smartphones to keep toddlers occupied

There's a new routine whenever Amber Mullaney goes to a restaurant. While waiting to be seated, she asks her husband to get the phone ready to hand over to their two-year-old daughter, Tatum. The phone — with its ability to stream episodes of Dora the Explorer — is a godsend, Mullaney says.

Mullaney is in good company. About 40 per cent of two- to four-year-olds (and 10 per cent of kids younger than that) have used a smartphone, tablet or video iPod, according to a new study by the non-profit group Common Sense Media.

Roughly one in five parents surveyed said they give their children these devices to keep them occupied while running errands.

There are thousands of apps targeted specifically to babies —interactive games that name body parts, for example, or sing nursery rhymes.

Experts say balance is key. "It's important that kids have a variety of tools to learn from. Technology gadgets can be one of those tools, but they shouldn't dominate," says Cheryl Rode, a clinical psychologist at the San Diego Center for Children, a non-profit providing mental health services. THE ASSOCIATED PRESS

Turn off toddler TV

Far from being educational, watching TV rather than playing can be detrimental to a child's development ◗ Even "smart" shows may be bad for your young ones ◗ Parents should find alternative activities

EMMA E. FORREST
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METRO WORLD NEWS

Babies love playing with the remote control. And they also love watching TV. Frazzled parents rarely object, especially when they get five minutes to take a shower, empty the dishwasher or prepare for work.

But in a statement, the American Academy of Pediatrics (AAP) confirms that children under age two should spend less time in front of a screen and more time learning through play.

Since the AAP first examined this issue in 1999, there's been a proliferation of new screens offering entertainment — TV, DVD, computer, smart phones and tablets — and further studies to show the detrimental effect. These days, TV shows, specialized DVDs and even entire channels are dedicated to entertaining tots.

In a recent American survey, a staggering 90 percent of parents said their under-twos watched some form of electronic media, and on average, these children watched TV for one to two hours a day. At age three, a third of these kids have a TV in their bedroom and many have the set on most of the time.

39%
of families with infants and kids have a TV on constantly, according to the AAP.

Parents may kid themselves that watching 'quality' programs is educational. But while toddlers age two and up can have improved social and language skills, the new findings show that there's no evidence that television can be educational for the under-twos.

"Somewhere between ages one and a half, and two and a half, children are able to grasp the content and context of TV programs," explains the report's lead author, Dr Ari Brown. "So, even if a show is really high quality, it gets lost in translation for little ones who are not developmentally ready to understand video content."

And watching with mom and dad doesn't make shows more educational either. In fact, the report suggests that it takes away from valuable parent-child interaction time. Toddlers develop a vocabulary by speaking with their parents, so time in front of the TV also hinders language development.

Children learn more from play than TV shows, so any time taken away from playing and learning how to problem-solve, think creatively and develop motor skills is damaging. Watching too much TV can even affect your child's ability to go to sleep.

"The best thing you can do for your young child is to give her a chance to have unstructured play, both with you and independently," says Brown. "Children need this in order to figure out how the world works."

THINKSTOCK.COM

▶ New findings show no evidence that TV is educational for kids under two years old.

Tots TV tips

The report recommends that carers take these measures regarding TV:

- Set a limit on the amount of screen time your kid gets.
- Find alternative activities for your child to engage in when you're not able to entertain them yourself, like playing with stacking cups.
- Don't have a TV in your baby's room.

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Canadian Breast Cancer Foundation ONTARIO
Act now to reduce your risk of breast cancer
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Tasty treats to make them scream — with sheer delight

Still looking for last minute Halloween treat ideas? Try these Bog Bars

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe serves 16.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

The beauty of Halloween treats is that you don't have to worry about making them pretty. In fact, the uglier they are, the better. And that was the inspiration for this baked treat.

The Bog Bars start as a basic blondie-like bar studded with dried cherries. Then you smear melted chocolate over the top and start dumping delicious things all over them.

The gummy worms and pretzels are a particularly nice touch, resembling the snakes and twigs one surely encounters during midnight swamp strolls.

Bog Bars Preparation:

1. Coat a 33-x-23-cm (13-x9-inch) pan with cooking spray; set aside. In a microwave-safe dish, combine cherries and juice. Microwave on high until bubbling, about 1 minute. Set aside to cool.
2. In the bowl of an electric mixer, cream together butter and sugar until fluffy. Add eggs, one at a time, scraping bowl between additions. Stir in vanilla. Add flour and salt and mix just until combined. Drain reserved cherries, then add them and half of the broken chocolate cookies.
3. Spoon mixture into prepared pan and bake in 180 C (350 F) oven for 25 to 30 minutes or until golden and set.
4. While bars are still hot, sprinkle milk chocolate bits over surface. Let melt. Use back of a spoon to spread melted chocolate to cover the surface. Sprinkle with broken graham crackers, marshmallows, pretzels, gummy worms, remaining chocolate cookies and pieces of fruit roll-ups. Let cool.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE ASSOCIATED PRESS

Ingredients:

- 500 ml (2 cups) dried cherries
- 125 ml (1/2 cup) apple or orange juice
- 175 ml (3/4 cup or 1 1/2 sticks) unsalted butter
- 550 ml (2 1/4 cups) packed brown sugar
- 3 eggs
- 5 ml (1 tsp) vanilla extract
- 550 ml (2 1/4 cups) all-purpose flour
- 7 ml (1 1/2 tsp) salt
- 16 chocolate sandwich cookies, broken into pieces
- 340 g (12 oz) milk chocolate bits
- 2 graham crackers, broken
- 125 ml (1/2 cup) mini marshmallows
- 125 ml (1/2 cup) broken pretzel sticks
- Handful gummy worms
- 2 green fruit roll-ups, torn into pieces

The only thing better than a witch's cauldron on Halloween is a sweet witch's cauldron that you can eat

Preparation:

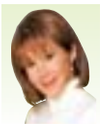
1. Prepare patty shells according to package directions. Set aside.
2. Fill each patty shell cauldron with chocolate pudding prepared as per serving directions and cherry pie filling.
3. To make the cauldron handle, take a length of black licorice twist and insert each end into the cauldron. Insert a pretzel for the cauldron spoon.
4. Add your choice of ghoulish worms, brains or any other Halloween candy. For optional eyeballs, plop one or two coated almonds in the cauldron, affixing a mini chocolate chip with frosting.
5. For the base, cut chocolate sippers into short lengths to resemble logs and arrange on a platter or plate. Add some red and orange mini candy-coated chocolates and/or cinnamon hearts to mimic burning embers. Present the delicious brew to guests.

EMILY RICHARDS/ THE CANADIAN PRESS/ TENDERFLAKE

Ingredients:

- 6 frozen patty shells (1 300-g pkg)
- 1 pkg (113 g) instant chocolate pudding mix
- 1 can (540 ml/19 oz) cherry pie filling (625 ml/2 1/2 cups)
- 6 black 12-cm (5-inch) licorice twists
- 6 thin pretzel sticks
- Gummies, including worms, brains and frogs
- 6 to 8 yogurt-coated almonds
- 10 chocolate sippers
- Mini candy-coated chocolates (separate red and orange)
- Cinnamon hearts
- Small amount vanilla frosting (for optional eyeball)
- Mini chocolate chips (for optional eyeball)

Rose Reisman's Swap It



While Halloween is normally a time for candy, some parents choose other treats such as the Trick or Treat McDonald's Happy Meal. However, the alternative can lead to a scary amount of calories and sodium.

MCDONALD'S CHEESEBURGER WITH SMALL FRIES AND 1% CHOCOLATE MILK (250 ML)

700 CALORIES/ 25 GM FAT/ 8 GM SATURATED FAT/ 1120 MG SODIUM

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SWAP IT!

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480 CALORIES/ 13 GM FAT/ 6 GM SATURATED FAT/ 810 MG SODIUM

MAKE HALLOWEEN HEALTHIER BY SWAPPING FRIES FOR APPLES AND CHOCOLATE MILK FOR JUICE [FOR MORE, VISIT ROSEREISMAN.COM]

Soy-stainable furniture

Grain farmers showing how soy can be used in different ways **Trying to educate people about their options**

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Canada is finding new uses for its bountiful grain harvests.

Soy beans. Food, fuel … furniture?

This past weekend, at the International Home Show in Toronto, the Grain Farmers of Ontario presented a special display of furniture and other home decor items — the key ingredient of which is leftover grains.

"We have furniture made from soy-based foam," says Meghan Burke, GFO communications coordinator. "It's called Bio-Plush foam. We also have carpeting made from corn oil, and soy-based paint on the walls. We have a countertop made of corn. Anything you can think of, really, made from corn or soy beans."

The furniture — including big, cushy reclining chairs — still has all the usual wood or metal components. But the foam in the cushions is something altogether new.

"It's very nice and very comfortable," she explains. "What we're basically doing is replacing the petroleum-oil portion with a soy-based oil. So it's just like any other foam, but is has no off-gassing, no allergens, it's renewable, it's decomposable, it's really healthy for your environment."

It's a pure case of need meets opportunity. Agricultural organizations across Canada are always looking for new markets, and there's a rising consumer demand for cleaner, greener products.

"We want to educate people about the options they have for their homes," says Burke. "People are looking for greener, sustainable, healthy options for their homes. And with that trend growing and growing, more companies are picking this up. We have quite a list of suppliers that have given us products for the exhibit."

"We want to educate people about the options they have for their homes."
MEGHAN BURKE, GFO COMMUNICATIONS COORDINATOR

And while the GFO's efforts are primarily an Ontario initiative, building a new market for the province's 28,000 corn, wheat and soy bean farmers, these special grain-based products are gaining in popularity, and becoming available throughout Canada.

"The carpeting you can buy at Home Depot, or anywhere you can buy a carpet. The paint is Sherwyn-Williams. All these things are fairly common at your typical home stores."

The deeper message? Canada's bountiful grain harvests can solve a lot more problems than hunger and fuel efficiency.

"There are opportunities for your home that are environmentally friendly, and they are great alternatives to your petroleum-based products."

For more information, visit gfo.ca and bio plush.com.

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EMBRACE GREEN BURIALS

I recently attended a funeral in Cobourg, Ont., where the cemetery conducts natural burials. What exactly makes a burial natural or green? ***Tamara of Toronto, ON***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

When it comes to planning the end, there are greener ways to go.

You visited one of only two cemeteries in Canada with designated green sites; the Union Cemetery in Cobourg, Ont., and Royal Oak Burial Park in Victoria, B.C.

At both, you can return to the Earth naturally with a green burial.

Green burials are low-impact, use less energy, consume fewer resources (like water), are less toxic, and may include local, sustainable materials.

Bodies are not embalmed because that delays decomposition.

Without formaldehyde to preserve the body, toxic chemicals are avoided, reducing harmful exposure both to nature and the em

balmer. Instead, bodies are wrapped in a biodegradable shroud or placed in a biodegradable casket. And protected green space becomes the final resting place. To learn more, check out the Natural Burial Association's website. (naturalburialassoc.ca) Although only two cemeteries can perform green burials in Canada, green funerals are increasing in popularity. A green funeral means funeral homes aim to maximize environmentally friendly funeral practices.

David Suzuki Foundation

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No Crying Over roadblocks

Platinum Blonde star dodges hurdles with Doesn't Really Matter attitude

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

He's an international rock star, designer, architect and builder. With so much success, you would expect Sergio Galli would wear his accomplishments like a badge of honour. But he doesn't. Sergio is a down to earth, humble man with a simple message for us all: accept life's turning points and when things get tough, move on.

"I get over discouragement in life because I know it's temporary. Some people think it's forever. I say, 'Why waste your time? Get over it'."

Sergio was 18 when he started his own business building and renting P.A. systems for bands.

TORSTAR NEWS SERVICE

▶ Sergio Galli circa 1984 performing with Platinum Blonde.

He ran into Mark Holmes who was looking to put together a new band. Sergio played guitar, Mark found a drummer and within six months Galli and the band hit it big. Platinum Blonde went on to become one of the top glam-bands of the '80s.

Hits like Crying Over You and Situation Critical rocketed to the top of the charts.

As Galli and the boys would roll through the great cities of Europe, he would make the limo drivers stop in front of unique buildings that caught his attention.

"I was so into architecture. They used to rib me but they thought it was neat someone could be into something other than music."

Seven years passed and the band realized they were burnt out and needed a break. Galli wanted to go back to school but was turned down at every University he applied to. Sergio "got over it", bought a couple of properties and began building. His work became noticed in the industry and soon he was building multi-million dollar homes. Now he has teamed with The Serena Group to build affordable, luxurious villas. Galli is living life on his terms.

Platinum Blonde recently got back together and decided 20 years was enough of a break. Sergio and Platinum Blonde are currently in the recording studio and are hoping to start touring again next summer.

"You have to enjoy the journey along the way. Nothing happens overnight. Remember to have fun and if you do then success will come."

PROVIDED

▶ These days Sergio is a successful home builder who has recently reunited with his bandmates in hopes of touring next summer.

Sergio's secrets

Sergio Galli's keys to life and business

- **Success** Enjoy the journey and don't think about the money or the outcome.
- **Idea** Come up with a plan and follow through with it.
- **Attitude** Be positive and move on from disappointments.
- **Execution** Just get out and do it. Be positive.
- **Fun** Enjoy yourself. If you do, success and money will come.

Rock royalty

History of Platinum Blonde

- **Formed in 1983** Mark Holmes (vocals), Sergio Galli (guitar), Chris Steffler (drums), Kenny MacLean (bass) (1956-2008)
- **Standing in the Dark** (1984) Triple Platinum Singles: Doesn't Really Matter
- **Alien Shores** (1985) Quintuple Platinum Singles: Situation Critical, Crying Over You, Somebody Somewhere
- **Contact** (1987) Double Platinum
- Inducted into the Music and Broadcast Industry Hall of Fame on March 12, 2010. **SOURCE: WIKIPEDIA**

A shoe-in for serious success

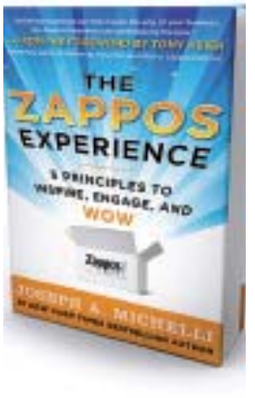
BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

There are very few companies out there that can boast billion dollar sales figures. Now review that list against companies that have hit that revenue milestone in less than 10 years and you come up with a far shorter list which includes a company called Zappos, the world's friendliest (and biggest) online shoe retailer.

According to Joseph A. Michelli, author of The Zappos Experience, Zappos became a billion dollar company by creating a killer customer service approach and at the same time developed a work culture where "being a little weird is part of the core values" of the company. Former COO and CFO Alfred Lin comments that the Zappos Experience is "about getting the culture right so we can treat the customer right." This approach has clearly paid off with the company named by J.D. Powers and Associates as a 2011 Customer Service Champion.

The concept of Zappos was born due to a frustrated consumer. Nick Swinmurn couldn't find a certain size shoe which prompted him to consider if an online strategy could be used to solve this dilemma. From that he created ShoeSite.com. Recognizing the need for capital, Swinmurn approached Tony Hsieh & Alfred Lin of Investment firm Venture Frogs with his idea. Even in the 1999 boom of the Dot Com era one would have questioned the concept. After all, "Who would buy shoes at an Internet Store without trying them on?" alludes Michelli.



Michelli's book looks at the five principles that he found to be the foundation of Zappos' success. If you're looking at how to assess and improve your customer service approach, The Zappos Experience serves the perfect fit.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

4 sports

Vexed by Tom no more

By keeping ball out of his hands, Steelers beat Patriots' Brady for only the second time in his career ◐ Roethlisberger has a big day

JARED WICKERHAM/GETTY IMAGES

▶ Antonio Brown of the Pittsburgh Steelers dives into the end zone to score a touchdown against the New England Patriots.

STEELERS	PATRIOTS
25	17

The Pittsburgh Steelers found a way to beat Tom Brady: Don't let him get the ball.

Ben Roethlisberger passed for 365 yards and two touchdowns and the Steelers finally solved their Brady problem with an emphatic 25-17 victory over New England yesterday.

Roethlisberger completed 36 of 50 passes and led the Steelers (6-2) on a series of clock-chewing drives, effectively keeping Brady and the NFL's top-ranked offence off the field. Pittsburgh held the ball for more than 39 minutes and survived a late rally to win its fourth straight following a 2-2 start.

Brady passed for two touchdowns but threw for a season-low 198 yards and couldn't get into any sort of rhythm while losing to the Steelers for just the second time in his career.

The Patriots (5-2) drew within six when Brady hit Aaron Hernandez for a one-yard touchdown pass with 2:35 remaining, but a last-gasp drive ended when Brady was sacked and the ball rolled out of the end zone for a safety with eight seconds to play.

It may be October, but the game had a January feel, and it wasn't just the chilly conditions.

The defending AFC champions pointed to the matchup as a litmus test after a sluggish — by the franchise's lofty standards — start. Were they the "old, slow" bunch that looked overmatched in losses to Baltimore and Houston or were they simply taking their time getting started.

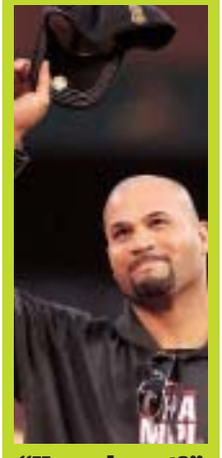
The answer, it appears, is the latter, even if the Steelers solved Brady using un-Steelerlike methods.

Rather than pound away with running back Rashard Mendenhall, Roethlisberger — who never met a deep ball he didn't like to throw — did his best Brady imitation, moving the chains with a controlled passing attack that took yardage in small bits.

The Steelers didn't complete a pass over 26 yards. They didn't have to. Roethlisberger consistently found Antonio Brown (a career-high nine receptions), Heath Miller (a season-high seven grabs) and speedster Mike Wallace (seven catches) on short and intermediate routes.

THE CANADIAN PRESS

Quoted



"Hey, why not?"

ST. LOUIS CARDINALS STAR ALBERT PUJOLS, WHEN ASKED IF HE WOULD BE BACK FOR ANOTHER CELEBRATION NEXT SEASON AFTER A PARADE YESTERDAY TO COMMEMORATE THE TEAM'S WORLD SERIES VICTORY OVER THE TEXAS RANGERS. PUJOLS IS A FREE AGENT FOR THE FIRST TIME AND IT ISN'T CLEAR IF THE MID-MARKET CARDINALS WILL BE ABLE OR WILLING TO SIGN HIM.

Scan code for more sports news.

Fitzpatrick leads Bills to victory in Toronto

BILLS	REDSKINS
23	0

Ryan Fitzpatrick showed yesterday why the Buffalo Bills felt he was worth $59 million US.

Fitzpatrick threw two TD strikes to Scott Chandler as Buffalo beat the Washington Redskins 23-0 for its first regular-season win of the Bills Toronto Series.

The resurgent Bills (5-2) improved to 3-3 in Toronto but are just 1-3 in regular-season contests.

Buffalo hasn't made the NFL playoffs since 1999 but last week signed Fitzpatrick to a $59-million, six-year contract extension. The deal includes $24 million guaranteed and makes Fitzpatrick the highest-paid player in club history.

Not bad for a Harvard grad and '05 seventh-round pick who spent his first four NFL seasons with St. Louis and Cincinnati before landing in Buffalo in 2009. Fitzpatrick, 28, has flourished with the Bills, going 9-5 in his last 14 games.

Yesterday's contest was the sixth of eight Buffalo will play here through next season as part of the series. The attendance was 51,579, meaning none of the games have been a sellout at Rogers Centre, which seats 54,000 for football.

For the first time in the series fans were vocally pro Bills, actually giving Buffalo the feel of home-field advantage. THE CANADIAN PRESS

Leafs to honour Mats Sundin's No. 13 in February

Mats Sundin is ready to take his place with other Toronto Maple Leafs legends in the rafters at Air Canada Centre.

Midway through the first period of Toronto's 4-3 win over the Pittsburgh Penguins, the Maple Leafs announced Sundin will have his No. 13 raised to the rafters on Feb. 11.

It's been nearly four years since Sundin last wore a Leafs jersey, but the 19,526 in attendance let him know how revered he remains in the city. Fans gave the former Leafs captain a standing ovation that lasted the entire TV timeout.

"I don't know what to say," said Sundin, now 40. "Once you retire you get a chance to reflect more on your career, where you've played and what it meant to yourself. To get a chance to represent the Leafs for all the years that I did and play in a city like this, it's a huge honour."

A smiling Sundin looked overwhelmed by the crowd's reception after the announcement.

"To be recognized in that way, you're never going to feel like you deserve it," he said. "I'm just happy to be mentioned in the same breath as Borje Salming, Darryl Sittler and all these great legends of the game of hockey."

Sundin will be the 18th player to have a banner raised in his honour by the Leafs. Only Bill Barilko's No. 5 and Ace Bailey's No. 6 are officially retired. The rest of the numbers can still be worn by current players.

THE CANADIAN PRESS

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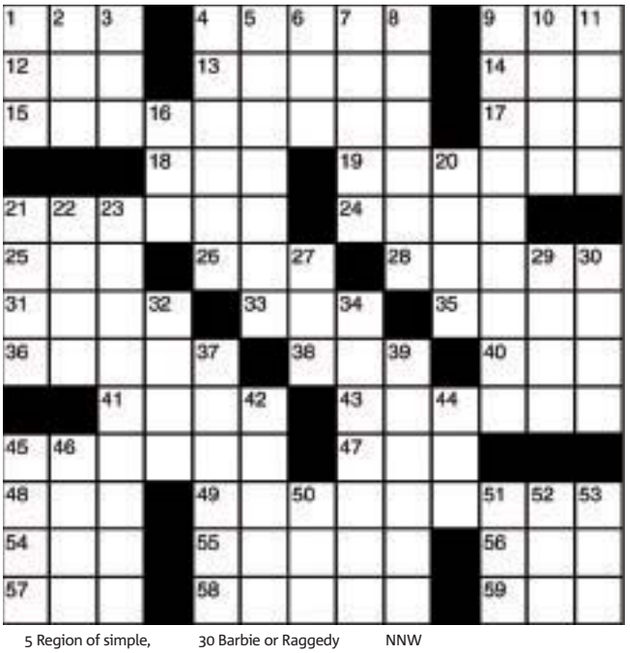

Across

1 That guy
4 Actor Malcolm- — Warner
9 Throng
12 Historic time
13 Give a speech
14 Lawyers' org.
15 Mexican street musicians
17 Deteriorate
18 "CSI" evidence
19 Easter bouquet
21 Insist on
24 Racetrack tipster
25 Greek H
26 Pick a target
28 Water nymph
31 The Red Planet
33 Curved line
35 Knob on a shield
36 Of a pelvic bone
38 Weep loudly
40 Right angle
41 Guitarist Lofgren
43 Tidbit
45 Slanted typeface
47 — choy
48 Wicked
49 Showy yellow flowers
54 Anger
55 Buckwheat pancakes
56 "Of course"
57 "Mayday!"
58 Marsh plant
59 Ram's mate

Down

1 Height of fashion?
2 Gershwin brother
3 Scratch
4 "AbFab" actress Lumley
5 Region of simple, quiet pleasure
6 — -jongg
7 Cockeyed
8 Injury
9 Eastern Canadian provinces
10 Reed instrument
11 Dugout supply
16 Greek mountain
20 Waikiki wingding
21 Actress Moore
22 And others (Lat.)
23 Tenderizing sauces
27 "— Doubtfire"
29 Competent
30 Barbie or Raggedy Ann
32 Take to the seas
34 Barbershop treatment
37 Goes up
39 Dance to rock music
42 Weighing device
44 Old theater letters
45 Wading bird
46 Poi base
50 Disencumber
51 Caustic solution
52 Morning moisture
53 Away from NNW

▶ Yesterday's answer

Sudoku

1					8		2	
			5	3			6	
	5		7					4
	8	9		1				
3			6		7			5
				5		9	1	
2					9		4	
	3			7	5			
	9		3					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	7	1	6	8	4	3
8	4	1	2	3	5	6	9	7
3	7	6	8	9	4	1	5	2
4	6	7	9	8	2	5	3	1
1	8	9	5	7	3	4	2	6
2	5	3	4	6	1	9	7	8
6	1	4	3	5	7	2	8	9
7	2	8	6	4	9	3	1	5
9	3	5	1	2	8	7	6	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tannis
You have been a wonderful girlfriend, who I can always trust and rely on. I am not perfect but as you know I am working on improving myself. You are more than what I want in my life. So here is the kiss for you to say thank you for everything. Sorry if I upset in the past, but you must know that I love you with all my heart and soul. You are the only one for me. Keep loving me sweetie.
FROM JAMES

Dear Gemini Gal
I love your blond hair, killer smile and beautiful blue eyes. The other day I saw you with a chimp in zoo. Obviously you love animals, good for you. If you are free and want to go for a drink, fire me a kiss.:):)
FROM I AM INTO YOU

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may not want to go above a colleague's head and appeal to a higher authority today but you have no choice in the matter.

♉ Taurus April 21-May 21 If you need a helping hand as the new week begins don't be embarrassed to ask.

♊ Gemini May 22-June 21 No one expects you to do it all, so don't expect it of yourself.

♋ Cancer June 22-July 22 Cancer is a cardinal sign and that means you were born to achieve.

♌ Leo July 23-Aug.23 People will respond to you better this week of you can make them believe that by helping you they will also in some way be helping themselves.

♍ Virgo Aug. 24- Sept. 22 Never give up hope. Never believe that you are destined to fail.

♎ Libra Sept. 23-Oct. 23 There may be a small but important detail that you have overlooked and only a fresh pair of eyes can see it.

♏ Scorpio Oct. 24-Nov. 22 Not even a Scorpio can win every time.

♐ Sagittarius Nov. 23-Dec. 21 Resist the temptation to jump to conclusions and make accusations that you may not be able to back up with facts.

♑ Capricorn Dec. 22-Jan. 20 You will be thrust into the spotlight at some point today and it may not be an entirely enjoyable experience.

♒ Aquarius Jan. 21-Feb. 18 It may be the case that someone you thought was a friend has been using you to get ahead in their career, but don't make an issue of it.

♓ Pisces Feb. 19-March 20. You may have to bend the truth a little today, especially if there is money at stake. SALLY BROMPTON

Caption contest

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

RALPH ORLOWSKI/GETTY IMAGES

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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